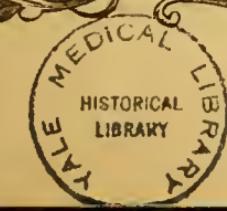


CELESTIAL
LONDONDERRY
SPRING *Lithia* WATER

Nature prepares the Antidote

THE STRONGEST
NATURAL
Lithia WATER
IN THE WORLD.

AN ABSOLUTE SPECIFIC
FOR
GOUT RHEUMATISM,
DYSPEPSIA GRAVEL AND
ALL RENAL AND VESICAL
DISEASES.
A DELICIOUS
TABLE WATER



SPECIFIC DIRECTIONS FOR USING LONDONDERRY LITHIA.

Having decided upon a faithful trial of LONDONDERRY LITHIA, the patient must seek advice in regard to diet. We publish a few practical hints which must be strictly adhered to.

DYSPEPSIA.—*Diet:* toast, stale bread, white fish, chicken, game, stewed mutton, potatoes, rice, grapes. Avoid vegetables.

Medicine, Londonderry Lithia, one glass hot before breakfast, one glass cold one hour before dinner and supper and upon retiring. The carbonated or "charged" water taken at dinner promotes digestion.

BRIGHTS DISEASE.—Absolute skim-milk dietary, or a strictly vegetable diet in some cases.

Treatment.—As it is likely to have resulted from the irritation in the kidneys by uric acid crystals, we advise the use of large quantities of Londonderry Lithia, say 8 glasses of the still water daily, the true *solvent*, which in recent cases will probably remove the cause. Always consult a physician.

DIABETES.—*Diet:* gluten meal, green vegetables, cream, butter, meat with fat, tea, coffee without sugar; saccharine and starchy foods to be avoided.

Treatment.—Alkaline waters are highly recommended by Bartholow. The analysis of Londonderry Lithia shows it to be highly alkaline and explains probably its wonderful control over this alarming malady. Drink six to ten glasses daily.

GOUT, RHEUMATISM, MYALGIA, LUMBAGO, SCIATICA, &c.,—*Diet* should be *unstimulating*, wines and malt liquors and spiced food should be avoided. A mixed animal and vegetable diet, fish and milk should have prominent place.

Clothing should be warm, woolen or silk next the skin. Joints kept warm, bathed in hot water night and morning, and rubbed with the hand. This may be followed with an application of equal parts Tinct. Capsicum and Glycerine, where swelling and pain.

Drink six to ten glasses of Londonderry Lithia, the best known neutralizer of uric acid, which causes the trouble.

GRAVEL, OR INFLAMMATION OF ANY PART OF URINARY TRACT.—*Diet:* Avoid milk, red meat, rich fish, sugar, starchy food, fruits, acids, except those to be named, potatoes, tea, coffee, beer, wine or spirits. The dietary should be plain, cocoa, no milk or sugar, stale bread, white fish, bacon, eggs, occasionally, chicken, oranges, apples, tomatoes.

CONSTIPATION.—*Diet:* Cooked meal, oat meal, and as in dyspepsia. Lithia hot in the morning and before retiring. Carbonated water should be drank freely with the meals in obstinate cases.

DROPSY, ALBUMINURIA OF PREGNANCY, &c.—

Treatment.—Londonderry Lithia is a pronounced diuretic, and contains enough iron, the natural tonic, to enable the system to recover lost ground. Drink six glasses daily.

It is impossible to give more than an outline. The great success of the water is largely due to the fact that it has been introduced by the Physicians who have given specific directions in regard to its use. In all serious cases we must again commend you to them.

1891

A CARDIOTRAPHY PHYSICIANS.

THE Londonderry Lithia Spring Water Co. takes pride in the cordial support it has always received at the hands of the physicians of the United States, and extends to them grateful acknowledgments.

They realized at the outset that the **Londonderry** would be valuable to the physicians, and placed it in their hands with full confidence that it would receive the recognition it deserved. What has been the result? The sales increased so rapidly that for two years it was impossible to fill orders promptly; new bottling works, the largest in the United States, were erected, and the largest and most complete bottling apparatus ever built, set up and put into service.

We recognize the physicians as *directly* the cause of this great success, while the uniform curative powers of the water are *indirectly* responsible. It has come to be accepted as an established fact that there is no other water which gives such surprising proof of unusual anti-lithic properties; that no medicinal compound called "manufactured lithia water," placed upon the market by dealers who hope to profit by the fame of the **Londonderry**, in any way, either chemically or therapeutically, resembles it; that there is not in the armamentarium of the physician a medicine which will cure so large a per cent. of the cases of Rheumatism, Gravel, and General Lithæmia.

The testimonials we publish in order to enable physicians to determine the exact lines along which they may work successfully are selected with care from hundreds we have on file.

Many physicians write us of their satisfaction with the water, but do not desire their names used in print. They often state that they can and will spread the facts before the physicians in some other way. This they have done as our large and increasing sales demonstrate, and we extend to them our hearty thanks.

We desire to caution all against a class of people who *refill our bottles* and sell as *original packages*.

The following pages have been compiled with great care, and contain nothing that is not absolutely true and worthy the attention of every physician.

ANALYSIS.

BY PROF. H. HALVORSON.

Calcium Sulphate, grs. per Imp. gal.,	30.151
Potash Carbonate,	22.000
Calcium Bi-Carb,	8.753
Magnesia Carb.,	9.160
Alumina Sulph.,	6.068
<i>Lithium Bi-Carb.</i> ,	8.620
Iron Carb.,	2.224
Potash Sulph.,370
Sodium Chloride,	1.030
Silica,	1.500
	<hr/>
	89.876
	<hr/>
Organic Matter,	None
Carbonic Acid Gas,	75.40

The Still Water is put up only in cases of twelve one-half gallon bottles.

It is also sulpho-carbonated, known as "Sparkling Londonderry." This is put up in cases containing fifty quart bottles, also in cases of one hundred pint bottles.

PRICE TO CONSUMERS:

Case of twelve 1-2 gals., Still Water, \$4.50
 Case of fifty quarts, Sparkling Water, 7.00
 Case of 100 pints Sparkling Water, 10.00

FREE ON BOARD CARS AT NASHUA.

Wholesale Price List on Application.

See that the cork of the Sparkling Londonderry is branded "LONDONDERRY LITHIA," and the cork of the Still Water covered with a white seal, bearing our well-known Triangular Trade-Mark, as below.



Never Buy Lithia Water unless this Trade-mark is on the Bottle.

A BIT OF HISTORY.

The spring is located in the old town of Londonderry, about six miles from Nashua, on the height of land, a half mile from any building, and near the middle of a field thirty acres in extent. The company has recently purchased one hundred acres surrounding this field. It is thus guarded from all possibility of contamination. The water flows from a distant hill under a stratum of granite through which it bubbles at the first crevice. The spring has been known as a "healing spring" for a hundred years. Tradition has it that the Indians who lived along the Merrimac River made frequent pilgrimages to this spring around which the "medicine men" danced and went through their incantations to appease the "healing spirit" they supposed to dwell therein. It is certain that they frequented this spring, as recent excavations for drainage, grading, etc., have revealed arrow heads and other relics of barbarism. The oldest resident of Londonderry will tell you his grandfather went to this spring for water to cure his gout, rheumatism or some kidney trouble, and it is a fact easy of demonstration that the present generation look upon this water as a universal panacea.

So much evidence accumulated that the physicians of Nashua eventually became interested and caused an analysis of the water to be made. The discovery of *Lithium* and other medicinal agents possessed by no other water in the world led them to form a stock company to place this water within the reach of the millions. The **Londonderry Lithia Spring Co.** are doing business to-day on an immense scale.

ABOUT LITHIA.

The salts of **Lithia** were prominently brought under the notice of the medical profession about thirty years ago by Dr. Garrod, who recommended them in cases of uric acid diathesis, connected with gravel and also in chronic gout and rheumatism. This recommendation was based upon the fact that **Lithia** possesses great affinity for uric acid, rendering it soluble, and hence when mixed with urate of soda, it decomposes the latter and unites with the uric acid, forming a soluble urate of lithia and leaves the soda free. There are various derangements of the system which cause an excess of uric acid, which, if not eliminated from the blood, cause gouty deposits, gravel, and a long train of symptoms pointing toward the kidneys and bladder as the seat of the disease.

For thirty years the salts of **Lithia** have proved a curative agent of the highest order in the treatment of gout and rheumatism, diseases of the kidneys and bladder and the removal of all morbid phenomena, the result of the uric acid in the blood.

For myself I have not the least doubt as to the result of lithium salts as the probable agents, and am convinced that by their employment depositions of uric acid in the renal organs can, to a large extent, be prevented. I have been much in the habit of using potassium with lithium in the form of the carbonate, the former to give neutralizing, the latter to increase the solvent power.—*Dr. Garrod.*

FROM THE MEDICAL REGISTER. (Phila.)

* * * On looking into the matter we find that the water is therapeutically and chemically the most valuable of any, and very much more so than that of certain Virginia springs. The explanation lay in the fact that Lithia is at its best where found diffused in minerals of the granitic class, being detected even in the ashes of plants grown on its soil. The lithia spa have no such mineral association, hence their waters are inferior to those of the granitic soil. * * *

FROM THE AMERICAN ANALYST.

It will be noticed that the lithium salt occurs in immense quantity when compared with other springs. Of the four or five other lithium springs of the United States, the salts of that metal range from a fraction of one per cent. to four per cent., an amount which in the maximum is but one-quarter as strong as the **Londonderry Lithia**, and in the minimum one fifty-second as strong.

In comparing it with a noted European lithia spring, it manifests the same superiority, if not a greater one, as it has over its American rivals.

Renal degeneration is a consequence of the long-continued elimination of the products of faulty digestion (uric acid) through the kidneys.—*George Johnson, F.R.S.*



TRANSACTIONS

OF THE FOURTH ANNUAL MEETING OF THE AMERICAN CLIMATOLOGICAL ASSOCIATION, HELD IN THE CITY OF BALTIMORE, MAY 31, AND JUNE 1, 1887.

BALTIMORE: PRINTED FOR THE ASSOCIATION, 1887.

The Classification of American Mineral Waters.

By A. C. PEALE, M. D.

Consulting Chemist United States Geological Survey.

* * * * *

There is a fashion in mineral waters as in most other things. *Sulpho-Carbonated* waters promise to come to the front in the near future, and at the present time Lithia waters occupy a prominent place.

I know of but one Lithia water, however, in which the analysis shows enough Lithia proportionally to entitle it to a distinct and separate place on every scheme of classification; that one is from the LONDONDERRY LITHIA SPRINGS, of New Hampshire.

Dr. Peale is well-known to the scientific world through valuable compilations issued by the Geological Department of the Government, he having for years been in charge of the Mineral Water Division of that Bureau. In 1886 he issued a pamphlet giving the analysis of nearly all the Medicinal Springs in this country.

PROF. J. F. BABCOCK.

(Extract from a letter of PROF. JAMES F. BABCOCK, late Professor of Chemistry in the Medical Department of Boston University, in reply to inquiries concerning the LONDONDERRY LITHIA WATER.)

BOSTON, Sept. 9, 1889.

Mr. W. A. D——, New Haven, Conn.,

DEAR SIR:—In reply to your letter of Sept. 7th, I have to say that during the past summer I have several times visited the LONDONDERRY LITHIA SPRINGS, and have analyzed specimens of the water.

The character of the mineral formation in the neighborhood of the spa is such that *I see no reason for doubting that the waters will retain their present strength and quality, notwithstanding the very large amount which the company is bottling.* * * * * *

An examination of the very numerous testimonials, both public and private, which have been given in favor of the LONDONDERRY LITHIA WATER, leads to the belief that this water is entitled to the confidence of the public, and especially of that class who suffer from the diseases for which it is claimed to be a specific, and that it *will maintain its position among the best waters of its class, both in this country and Europe.*

Published by subsequent permission.

Londonderry Lithia Water is Nature's True Solvent.

LITHIA SPRINGS.

From the Journal of Balneology. (Devoted to the Interests of Natural Spring Waters.)

Not many years have elapsed since quinine, iron, calomel and opium composed about the entire *materia medica* of the successful physician. Now all is changed. Observation and experiment have determined the exact field of usefulness of these drugs, and made good the deficiencies by including, one after another, such new remedies as seemed worthy of confidence. After a time the *materia medica* became so unwieldy that a weeding out process was undertaken. The future doctor will have still more of this valued service to perform, as, one after another, he comes to understand the nature of the diseases he will

be called to meet. The germ theory revolutionized the art of healing to a certain extent, but its importance bids fair to be eclipsed by the great discoveries of Ure and Garrod, which are coming into more full recognition each year. The former advanced the fact that uric or lithic acid was a toxic element in the system, and the latter stands sponsor for the theory that lithium is its natural solvent. So often has this been demonstrated in practice that it is universally recognized that most cases of gout, rheumatism, neurasthenia, Bright's disease, gravel, and many other functional and organic diseases, are traceable directly to this source and yield to this remedy. This admitted, we are led to discuss the best method for application. We believe in the great laboratory of nature, and insist that since she yields such a boon as lithium to afflicted mortals, it is right to take her gift in its *native purity*. While it is possible to obtain gratifying results from the lithium of commerce, which, on account of its scarcity, is often adulterated, *it is far better to administer it as it is prepared by the Great Alchemist for the use of man.* We thoroughly believe that small quantities of the salt as thus existing will act more freely than large quantities pharmaceutically combined. The group of natural lithia waters is very small, only two or three having attracted any attention from the medical profession. Of this group the

LONDONDERRY LITHIA

of New Hampshire is by far the richest in lithium and the most in favor at the present time. Professor Peale, the government chemist, recognizes no other as a strictly lithia

water, because the per cent. of lithium to the other ingredients is so small.

The work this water is doing is so decisive that it wins the confidence of all, no matter what their previous prejudices may have been. We know of many eminent physician who prescribe this water as anti-lithic with as much confidence as they would prescribe quinine as anti-periodie.

Another question arises here, that relates to the desirability of sending patients to the springs. We believe this to be entirely unnecessary. The habit of writing "the springs" results from the fact that in these degenerated days much of the mineral water is crudely artificial, and a resort to the springs is the only protection from imposture.

That which is true of other waters is true of lithia waters, and there are in the drug market certain fluids in bottles which are labelled "lithia," and knoweth not the way and salts of lithium.

There is involved the further question as to whether alkaline waters lose by being bottled in any essential chemical consideration of value, for it is evident that if a water is made to lack the therapeutical or chemical qualities by reason of removal from its source, it were better not to consider its availability. That is a poor book indeed that must be read the day it is published, if at all. We are prepared to state that chemically and therapeutically the LONDONDERRY LITHIA in no way deteriorates by standing on the druggist's counter. Absolute freshness may be guaranteed so long as the demand, as at present, equals the supply. Of all the alkalies it is the lithia in this water which forms the most soluble salt with

uric acid and is the least liable to oxidation. It follows, therefore, that it must be valuable to keep the uric acid in solution and prevent its deposit in the tissues. Besides this the action of the water is such as to produce digestive activity, preventing the formation of so much nitrogenous waste into uric acid, and converting it wherever found in its circuit through the system into the harmless urate of lithium. Fact and theory join hands in commending this valuable spring water, and we think it no breach of therapeutic license to pronounce it *the most wonderful American mineral water.*

It is not our province to advocate the water, but to assign to it its true place in the physicians' armamentarium. We leave it to our readers to verify our claims and leave our columns open for any honest opinion.

ABOUT MANUFACTURED WATERS.

The unparalleled success of LONDONDERRY LITHIA SPRING WATER in curing cases of uric acid diathesis has caused the manufacture of many imitations, which are speciously claimed to be better than LONDONDERRY because containing more lithium.

We have tests made by disinterested and unimpeachable persons, the analyses being made by state assayers showing that the solvent power of LONDONDERRY upon uric acid is TWICE AS GREAT as that of one of the most advertised and best known manufactured waters claiming 14 grs. lithium to the gallon, and the use of LONDONDERRY is never followed by gastric irritation or other stomach troubles which is often the case where the manufactured article is taken.

We do not claim that the lithium in LONDONDERRY is the sole reason of its curative powers, indeed the tests above referred to show that it is not, but we do claim that the peculiar combination of salts which it contains and *which cannot be successfully imitated by man*, render it the most powerful as well as the mildest remedy known for the cure of the diseases indicated. The testimonials following prove our statement.

TESTIMONIALS.

We publish a few of the thousands of Testimonials which we have on file. We have personal letters from many of the most eminent physicians in the world which we are glad to exhibit but cannot publish. We are glad to refer to any progressive physician. The good name of LONDONDERRY LITHIA is pretty well established in every city and town.

FROM A WELL-KNOWN CLERGYMAN.

As to the effects of lithia, it is not strongly laxative like the Hathorne Springs, Saratoga, nor merely diuretic. The beauty of this Spring is, that its water is grandly and generally beneficial, starting with the stomach, which it gently quickens into better action; hence its constant use as a table water is well nigh specific against that painful enemy of comfort or usefulness, dyspepsia.

Its action on the Kidneys is marked, but not violent, in fact this admirable water is nowhere excessive in its effect, but for incipient Bright's Disease, or any of those

disorders arising from blood impurity, the free use of this water, drank daily at the table, is an efficient safeguard.

Its effect upon the bowels, like its manifestations everywhere else, is mild, but searching. No painful purging, but all functions becoming normal.

It gives me pleasure to commend LONDONDERRY LITHIA WATER to my brothers of the Clergy, knowing that they will find, as I have, a relief from many of the annoying effects of sedentary life.

I have personal knowledge of many wonderful cures wrought by this celebrated water.

G. W. GROVER,
Pastor Pilgrim Cong'l Church,
Nashua.

Rev. Mr. Grover was a very successful practicing physician before entering the ministry.

LITHIA AS A RESOLVENT.

605 Shawmut Ave., Boston, July 28, 1887.

I have used large quantities of the LONDONDERRY LITHIA WATER with most satisfactory results. As a resolvent—a cure for urethral disorders,—the effect was surprising.

Very truly yours,
C. H. ESTABROOK, M. D.

GRAVEL.

After passing Thirty Renal Calculi a Wealthy Newport Citizen is cured.

NEWPORT, R. I., Sept. 8, 1889.

LONDONDERRY LITHIA Co., NASHUA, N. H.:—I do not like to flourish my name in your “new book,” but I am quite willing you should use the facts as I give them, and you are at liberty to refer any one to me who desires to

know about my case and the effect of the LONDONDERRY LITHIA WATER. I fully believe in it, and will give my opinion freely.

I have suffered much from renal calculi since 1865, passing, from 1865 to 1878, a great many calculi, probably thirty. By care in my diet I succeeded in gradually reducing the frequency of these attacks.

About 1880 I had the first analysis made to show the quantity of uric acid contained in the urine secreted in 24 hours, which was 10 grains. From that time till 1888 I had these quantitative analyses made in various parts of Europe, always showing uric acid from 6 to 15 grains in 24 hours.

I have tried most of the celebrated springs in Europe and some in America. Carlsbad, Marienbad, Aix-les Bains, Aix la Chapelle, Widdungan, Wiesbaden, and many other European springs, and the Bethesda at Waukesha, and the Poland springs in the United States. Under the advice of the best physicians I have taken various medicines, especially Lithia Salicylate and Lithium Carb, eff., and restricted my diet, avoiding sugar, wine, beer, tea, coffee, beef, mutton, etc.

I have by me some memoranda of the analyses made :

Nov. 26, 1886, analysis by Dr. Maihel, Paris, diurnal quantity urine, 64 oz., which contained 10.64 grs. uric acid. Dec. 11, 1886, analysis by Daniels, chemist in Nice, France, quantity in 24 hours, 70.28 oz., contained 15.43 grs. uric acid. Jan. 6, 1887, quantity urine 64 oz., uric acid, 7.65 grs. Apr. 18, 1888, analysis by Charles Tauret, Rue bas de Rampart, Paris, quantity, 70.5 oz., uric acid, 6.8 grs., spec. gravity, 1.014.

In December, 1888, I commenced using the LONDONDERRY LITHIA WATER, and stopped all other remedies. Since then I have been entirely free from the stiffness and soreness in my joints, which during all these years has indicated too much uric acid in the blood. I have relaxed the care as to my diet, and I now take the usual quantity of sugar, occasionally some wine, and beef and mutton frequently.

On the 8th of August I had an analysis of the urine taken by W. H. Dustman, which I inclose to you. I have had this verified by several other analyses, all with the same results as to uric acid.

I have not had an attack of renal calculi since I have used the LONDONDERRY LITHIA WATER.

I used the Buffalo Lithia Water for some months before I tried the LONDONDERRY. While the effect of the two waters is similar I found the LONDONDERRY much more efficient. I drink no other water, and use about one and one-half quarts a day.

GORDON MCKAY.

THE ABOVE VERIFIED.

ANALYSIS OF URINE FOR CASWELL, MASSEY & Co.

Name—GORDON MCKAY.

Color, pale; specific gravity, 1.014; deposit, scanty; reaction, slightly alkaline (possibly from standing); albumen, none; sugar, none; urea, 6 grains per fluid ounce; casts, none; crystals, none; pus corpuscles, only few isolated corpuscles; epithelium, none.

Remarks: The specimen does not contain any *free uric acid*. The uric acid in combination (with sodium and ammonium) is in such small quantity that after repeated trials I have failed to reduce it so as even to be discovered by the microscope. Unfortunately our tests are not so exact as for other substances, but I can say with certainty that it is much below normal, or I could reduce it without difficulty.

W. H. DUSTMAN.

New York.

GRAVEL.

WEST BURKE, Vt., Jan. 23, 1888.

Yours received; also the case of water, which to me is "more precious than gold; it is food, drink and clothing." If it is faith, then my cure with LONDONDERRY LITHIA is an absolute certainty. When I received the water my condition was very bad and rapidly growing

worse, having suffered greatly for two afternoons and nights previously; urine was very scanty, red, and deposited a large amount of sediment with much pain and extreme difficulty in passing it.

Within 24 hours from the time I commenced drinking the LONDONDERRY LITHIA WATER all things had changed and I was comfortable. The extreme nervousness and insomnia disappeared and I am now free from pain through the day and rest well nights.

The dyspeptic trouble and rheumatism have left me and the urinal discharge is five times that of heretofore, and in every respect improved.

Now, let others suffer what I have, then receive the amount of benefit I have received from LONDONDERRY LITHIA and I think with them as with me, that a spark of faith would soon become a flame. I am, fraternally,

C. B. DAVIS, M. D.

GRAVEL.

MARBLEHEAD, MASS., Aug. 18, 1890.

GENTLEMEN:—I enclose herewith the large renal calculi passed after using LONDONDERRY LITHIA WATER for about four weeks. I have been a sufferer for years; constant back ache and flatulent dyspepsia, so that I have been in the hands of doctors most of the time. As a last resort I began the use of the L. LITHIA. Immediately after beginning the use of the water, kidneys became more active and there seemed to be a general stirring up in my back, and within four days I passed the first and smallest stone. In a week the second, and in the third week the third, which as you see is very large. All the pain and discomfort which have followed me for years have disappeared and I feel like a new man. You are at liberty to keep the rock and show to anybody who may doubt the truth of my story. Very truly,

W. B. WAKELIN.

P. O. address now Nashua, N. H.

TESTIMONIAL OF WALTON BLOOMER,

172 Livingston Ave., Albany, N. Y.

Occupation: Sexton of Tabernacle Baptist Church, Albany, N. Y.

At the suggestion of my physician Dr. L. E. Blair, who was treating me for many months, with indifferent success, for gravel and bloody urine, I began the use of the LONDONDERRY LITHIA WATER in April last. Since using the water I have had but one attack of my old complaint, which formerly seldom left me and kept me in almost constant misery. The severe neuralgic pains of a cutting and tearing nature peculiar to the disease, together with the large amount of blood I was voiding with my urine, kept me in a weakened and debilitated condition, so that I could scarcely do my work. I must honestly say that I have not been so well or felt so strong in years as I have been this Summer and nothing else has done it except the use of the Lithia Water, as I have taken no other remedy. I have gained in flesh and strength and feel as though I had a new lease of life. I cannot express myself sufficiently enough to thank Dr. Blair for recommending to me your most valuable water. I shall always give it the unstinted praise which it merits. **WALTON BLOOMER.**

Albany, N. Y., Oct. 6, 1890.

From a Lynn Druggist.

LYNN, MASS., Dec. 1, 1890.

For years I have been passing stones, from the kidneys, like those I sent you. I have been informed that they are of uric acid formation. During all this time I have suffered from a most distressing cystitis induced no doubt by the presence in the urine of uric acid crystals. Medicine gave only temporary relief. At the suggestion of a physician I began the use of the LONDONDERRY LITHIA WATER. The effect was most surprising. The intense suffering, the bloody mucous, the gravelly urine, and all the old symptoms of uric acid, crystals and calculi have disappeared. I am convinced that this water will cure any case of Gravel or Cystitis, and desire to make this statement for the benefit of any who may be thus afflicted.

W. P. BECKFORD.

RHEUMATISM.

FROM E. E. DENNISTON, M. D.

Formerly Surgeon R. C. S. Edinboro, Scot.; Licentiate College of Pharmacy, Dublin, Ire.; Intern and Licentiate of Midwifery, Rotunda, Dublin, Ire.; Surgeon Provincial Fever Hospital.

"I have personally tried and tested the LONDONDERRY LITHIA WATER for the relief of a *chronic rheumatism* that has annoyed me for years, and can most heartily endorse it and recommend its continued use to that large class of patients afflicted with the manifold and varied aches developed by the presence of Uric Acid in the Blood. Without compromising in any degree the nutritive functions or their harmony with the rest of the organic system, *it seems to neutralize the poison in the blood*, which is the germ of the mischief and the suffering. Every physician should know this water and take it into his confidence."

Northampton, June, 1888.

A Cure of Rheumatism Vouched for by an Eminent Physician.

NORWICH, CONN., Oct. 30, 1889.

LONDONDERRY LITHIA WATER CO.,

GENTLEMEN:—I am glad to state the great benefit I have received from the LONDONDERRY LITHIA WATER. For four years I have been a great sufferer from Rheumatism in all its forms, with lameness, stiffness of the muscles, headache, backache, nansea, neuralgia, and other complications affecting my hearing, twisting my joints, confining me to the house and rendering the constant attendance of a physician necessary. Dr. Bishop urged very strongly my using Lithia water. I used two cases of the —— Lithia water without the slightest benefit. It seemed to me almost a helpless case. The doctor wished me to still use Lithia water, and having heard of many cures made by LONDONDERRY LITHIA, I decided to

try that, and used it freely with such *good success* that I am *entirely free from Rheumatism*, I am thankful to say. I have asked Dr. Bishop to write a line on the back of this letter. Thankfully yours,

MRS. LUCY S. JONES

What Dr. Bishop Says.

I indorse what Mrs. Jones says about herself and the effect of LONDONDERRY LITHIA WATER. Am very glad she has so much confidence in it. I am prescribing it right along with much satisfaction.

H. M. BISHOP, M. D.

Norwich, Conn., Oct. 30th, 1889.

From an Old and Well Known Physician.

After having used several cases of different spring waters and taken every remedy known to the profession for rheumatism in my back and knees with no perceptible benefit, I was induced by the advice of the Rev. Mr. Beard of Dover, N. H., who had suffered from renal calculi and had received great benefit from the water of your spring, to make a trial of it. I have been entirely relieved of pain, which has been my constant companion for years, by the use of two cases, and in the future shall treat all my cases of rheumatism with LONDONDERRY LITHIA SPRING WATER to the exclusion of everything else. I am testing the water at present in other troubles resulting from uric acid, with gratifying results, which I shall report later.

S. B. SWETT, M. D.,

Jamaica Plain, Boston.

A Remarkable Cure of Chronic Rheumatism.

PHILA., PA., June 25, 1889.

You ask if I have been benefited by drinking LONDONDERRY LITHIA WATER. My answer is, most assuredly I have. The last eight or ten years I have been subject to severe attacks of rheumatism, which had resulted, when your advertisement suggested the use of the water, in the stiffening of both elbow joints, so that I could not

straighten my arms beyond a right angle. Every bone in my body ached like the toothache on every damp day. As you know, I have been using LONDONDERRY LITHIA WATER for about three months to the entire exclusion of anything known to contain any kind of medicinal substance. To-day my arms are nearly straight, and the constant soreness and pain have so far disappeared that I call myself comparatively well. I hope you will use this communication for the benefit of the thousands who are afflicted as I have been. I am backing LONDONDERRY on its own merits as shown by its work in my own case and others which have come under my observation.

Respectfully,

W. C. MOULTON,
of A. M. COLLINS MFG. CO.

Cure of Rheumatism of the Heart.

BOSTON, June 10th, 1890.

MESSRS. LONDONDERRY LITHIA SPRING WATER CO.,
Nashua, N. H.

GENTLEMEN:—Having had such gratifying results from the use of LONDONDERRY LITHIA WATER, I desire that you should know to what extent I have been benefited. For some years prior to 1887, I had suffered from extreme biliousness, which, early in that year, resulted in a severe attack of rheumatism of the heart and chest. The disease made such rapid progress that walking, riding, or any exertion, brought on such severe pain in the heart and chest as to completely prostrate me at times. I was finally compelled to relinquish business, and was informed that the complaint was probably incurable, but at the direction of my physician, I commenced the use of LONDONDERRY LITHIA WATER in its carbonated form, and continued its regular and liberal use until early in the present year. I found relief within a few weeks after commencing its use, and convalescence was so rapid as to enable me to resume business in a short time. The improvement continued, although I was much exposed to

the weather and to every condition likely to retard recovery. I am now entirely free from rheumatic pains in the heart and chest, the heart action is normal, my digestion is greatly improved, and biliousness troubles me only at long intervals.

I feel that my recovery is largely due to the careful and persistent use of your Lithia Water, and you have my permission to use this in any way you may deem proper.

Yours very truly,

WILLIAM M. HALL.

The opinion of the profession (as regards its members under fifty years of age) is that the main cause of this chronic inflammation is the out-put of urates by the kidneys.—*J. Milner Fothergill.*

The Celebrated Styles Case.

This case has attracted so much attention in the Medical World, that we re-publish a part of it.

Twenty-two years ago I left the army because of Rheumatic Fever, which left me helpless. After a time I was able to walk by aid of crutches. Then I began to have heart trouble, which my doctors said was caused by rheumatism in my blood. Four years ago I began to bloat,—my feet first, afterwards my body. The doctors then said I must bloat up and die. I heard so much about LONDONDERRY LITHIA that two years ago I began to drink it as a last resort. Every glass I drank helped me. Swelling went off in one week. In a month I was free from pain, the first time in twenty years. I am alive still, thanks to LONDONDERRY LITHIA, and expect to stop quite a while yet. I AM FREE FROM RHEUMATISM. I want everybody to know that it cured me, and I hope no one will neglect to try it.

(Signed)

OSCAR C. STYLES.

Nashua, N. H.

The Above Verified.

I have known the above O. C. Styles, and have treated him. He tells the whole truth in regard to his case.

I may say further, that I know of many instances wherein the LONDONDERRY LITHIA has done equally as strange cures.

It is a common thing for me to send cases of chronic rheumatism, gout, dyspepsia, and many kidney diseases to the springs, and I am but just when I say that they are always benefited and often cured.

It is no discredit to a physician to acknowledge that he has patients who will receive more benefit from a natural Lithia water than from his drugs, and I am free to admit that I have seen many such.

Mr. Styles case is a notable example.

G. W. CURRIER, M. D.

From a Member of the "Old Guard."

142 W. 15TH ST., NEW YORK, Feb'y 27, 1887.

It gives me great pleasure to inform you that I have now entirely recovered from the severe attack of rheumatism, to cure which I obtained the LONDONDERRY LITHIA, after having tried, in vain, everything I could hear of. Nothing could have worked better. The tormenting pain was relieved at once, and in a few days I was able to walk about comfortably. Continued use completely cured me. Please send a case of the still water, which I propose to use on my table. Also send a case of the carbonated, which is much liked by friends who come to dine with me.

I beg to suggest, that there ought to be a big field for the latter, as it would fill a place entirely unoccupied by any other water. Do you fully realize that it is the most palatable bottled water on the market?

HENRY R. McMURRAY.

Published by subsequent permission.

Rheumatism and Dyspepsia.

17 EAST 46TH ST., NEW YORK, Oct. 3d, 1887.

I have used this water myself and in my family. In my own case it has proved to be an excellent diuretic. My wife has suffered for a number of years with rheumatism,

but since she commenced drinking this water has been very much relieved. I believe that for wine drinkers there is nothing that will neutralize the bad effect of wine better than the LONDONDERRY LITHIA WATER, as it is well known the use of wine, etc., produces an excess of uric acid. Naturally as good an antilithic as this water must tend to relieve the system of uric acid thus formed.

I have recommended it to a large number of others and they have spoken very favorably of its effects. As far as the taste is concerned I consider it equal if not superior to the Apollinaris water. It assists digestion, is an excellent diuretic, and is a sure remedy for rheumatism. It is my impression that if it is brought into general use, by the public being aware of its beneficial effects, it will to a great extent take the place of Apollinaris water, and I have no doubt it is far superior to it as a beverage, and to the Lithia Water as a medicinal agent. Yours truly,

J. W. RANNEY, M. D.

**Case Reported to Massachusetts Society by
Dr. L. A. Phillips, Boston.**

CASE 1.—*Chronic Rheumatism.* Mr. H.; æt. 45; mechanic. At three different times in the last twelve (12) years had attacks of acute inflammatory rheumatism or rheumatic fever, lasting from six to ten weeks; the last one being about two (2) years ago. Since then he had suffered nearly all the time, except in hot weather, with a swelling and lameness of the joints, especially the ankles and hands.

He complained, too, of pain in his back and frequent urination. The urine was found to deposit a heavy sediment of uric-acid crystals upon cooling. Early in November last he began drinking LONDONDERRY LITHIA WATER—three tumblerfuls or more each day. In this case no medicine was given. Gradual improvement was manifest after one week's time, and it continued until in January, despite the severe cold weather, he was entirely free from rheumatic pain or lameness, and has continued so to the present time.

Clinical Results.

Abstract of an address by L. A. PHILLIPS, M. D.,
Pres. Mass. Sur. and Gynæcol. Society:

"My observations include twenty-one (21) cases of rheumatism, seven (7) cases of nephritic congestion and Bright's disease, two (2) of diabetes mellitus, one (1) diabetes insipidus, one (1) chlorosis, two (2) renal calculi, four (4) catarrh of bladder, eight (8) nervous debility or uenrasthenia; many with less decided or indefinite combinations of symptoms, among which excess of uric acid in the urine and evidences of hepatic torpidity were prominent, and others in which indigestion seemed to be the chief cause of complaint.

"To sum up, in brief, my conclusions: I am convinced that in any and all conditions in which uric acid is in excess, whether its effects be manifested through the muscles or joints in the form of rheumatism, or as an irritant or obstruction to the kidneys or bladder, or through the nerves, or organs of digestion, LONDONDERRY LITHIA WATER will have a most beneficial and decided effect," *which cannot be obtained by the use of the Lithia salts or any artificially prepared Lithia Water.*

CASE 3.—Mr. D., a large, robust, healthy-looking man, of thirty-eight years; had been a high liver, though not dissipated; complained of severe aching in the region of the kidneys, lameness of muscles all over the body, frequent micturition, but urine scanty and high-colored. Poor appetite, and distress after eating. Oppression in breathing and inability to walk fast; great weariness and loss of energy. Dropsical swelling of lower extremities. Urine was proved to be deficient in quantity (but little over a quart in twenty-four hours), and contained much albumen, some blood and granular casts. LONDONDERRY LITHIA WATER was ordered to be taken freely, at least one quart per diem; "keep warm and quiet." *Three days later urine increased to three pints; no blood, but still some albumen. Improvement continuous during next three weeks, when all symptoms had disappeared,*

and the patient discharged, with advice to continue the use of the LONDONDERRY LITHIA WATER, which had been used alone after the first week. During the past two months his health has been unimpaired. In this, as in the previous case, I give to the *Londonderry Lithia Water* credit for the result.

From H. M. Jernegan, late Prof. of Surgery in Med. Dept., Boston University.

BOSTON, Feb. 21, 1887.

To THE LONDONDERRY LITHIA SPRING WATER Co. :—

Have tested your Lithia Water in numerous cases where acid is not well eliminated from the system, and find that it acts exceedingly well. I believe that many cases of uric acid diathesis, which gives rise to *rheumatism, gout*, and sooner or later that form of kidney and bladder disease dependent upon uric acid, will be greatly benefited by a free use of the Lithia Water, and to such would recommend it as a table water. *If liquors are to be used, no Water is at once so agreeable for diluting them and so preventive of the bad consequences following their use.* Lithia Water is the water above all others for the man who lives well and drinks good wine. Very truly,

700 Tremont St.

H. M. JERNEGAN, M. D.

ABSTRACTS FROM AN ARTICLE

By J. W. DOWLING, M. D., New York.

It is no exaggeration to say that nearly if not all of the cases of that form of Bright's disease, known as chronic intestinal nephritis, are caused by the presence in excess, in the blood, of this excrementitious substance, known as uric or lithic acid, and that by far the greater number of chronic catarrh of the bladder, in middle and advanced life, and nearly all of the cases of renal and urinary calculi, result from the same cause.

There is no denying the fact that a large portion of the ills to which man, and woman, too, are heir, result from

the presence in the blood of excess of waste materials in the form of lithic acid, and that this excess results, in by far the greater number of cases, from actual indiscretion, violation of nature's laws. Many of the so-called cases of neurasthenia—the new name for the fashionable and flattering disease, nervous prostration or exhaustion,—are cases of lithæmia which can be cured,—this I know for a fact,—by proper diet, the avoidance of drugs, and a proper amount of physical exercise, and, with some, more brain work, for I believe that brain work is as necessary to some men as is physical exercise to others.

The digestive organs always suffer, although the lithæmic patient may not be aware of the fact, for in the absence of prominent gastric symptoms, particularly if the bowels are moved daily, he will hardly suspect derangement of the liver function, and that of other organs concerned in digestion and assimilation. Prominent, also, among the functional disturbances arising from lithæmia are derangements of the circulatory and respiratory organs, resulting later in incurable organic disease. The urinary and genital organs in both sexes, in chronic cases of disease, are rarely exempt from its influences. Renal, bladder, and urethral catarrh I have frequently found in men and women, and loss of virile power, with prostrate enlargement, is a most frequent accompaniment in the male, and in the female, functional disturbances and organic diseases of the generative organs occur, while haemorrhoids are common in both sexes.

The discovery up in New Hampshire of a natural Lithia spring, which contains enough of that valuable solvent of uric acid to make it worthy the attention of the profession, is hailed with pleasure by all who have been obliged to use waters containing insignificant quantities. We know from experience, that the LONDONDERRY LITHIA is all that it is claimed to be. It is extensively prescribed by leading physicians everywhere, and is so uniform in its results, that it has come to be regarded as a *necessary* part of the physician's armamentarium.—*North American Journal.*

Rheumatic Gout.

Office of DR. E. B. MOREY, Physician and Surgeon,
WAVERLY, N. Y., Dec. 31st, 1890.

GENTLEMEN:—I wish to report to you what seems to me a remarkable cure of the most aggravated case of rheumatic gout that I have ever seen. The patient, Mr. Fred Fitzgerald, aged about 28 years, weight 115 pounds, nervous temperament, complexion blonde, habit spare, by occupation a machinist, presented himself for treatment Aug. 18th, 1890. He had contracted rheumatism some five years ago while living in Kansas and since that time has been practically laid up every fall and winter with this disease which did not fail to make its appearance with the cold and damp weather. He complained of pain in the left knee, ankles, and joints of the great toes particularly the left which was much inflamed and considerably deformed from previous attacks. The pain was almost unbearable. I tried successively various remedies for this complaint without any apparent benefit as he was scarcely able to walk across the floor,—much less to resume his work. I shall never forget the look of despair upon his wife's face when she said: "But what are we going to do, Doctor, when you have tried the last remedy with which you had hoped to relieve him." I informed her that I should then try the Loudonderry Lithia Spring Water. To be brief, I wrote to you about the case and at your suggestion ordered three cases, still water. It was delivered to Mr. Fitzgerald Sept. 22. Marked improvement began at once, and in about a month he returned to his work in the Lehigh Valley Car Shops. Some time before he had exhausted his supply of water he told me that he had already gained 24 pounds in weight and was still gaining. By the time the water was gone he was about as well as ever, though we have had a great deal of rain this fall and much unfavorable weather for persons of a rheumatic diathesis. I have never seen a greater change for the good in a man in so short a time.

Most respectfully, E. B. MOREY, M. D

Rheumatism.

I have used LONDONDERRY LITHIA WATER for Rheumatism, and am confident I was very much benefited. I have ordered it for several patients suffering from rheumatism, and they have all improved under its use. OTIS H. MARION, M. D., Boston.

From P. J. Maguire.

In the Spring of '89 I was exposed to a severe sleet storm for many hours. I began the next day to feel soreness and pain in all my joints, and this rapidly developed into the worst form of rheumatism.

Between this time and Sept. following I had consulted five different physicians, and lost all hope of being cured. I was able at this time to get to my office in Boston only by the aid of another person and two canes to assist me into the carriage. In October, Dr. Collins induced me, after much persuasion, to try LONDONDERRY LITHIA SPRING WATER for a few days at least, and though I had not the least faith in the water I began to feel benefit from the very first. In one week I dropped one cane, and in ten days walked without canes or assistance. Am now entirely free from rheumatism, except sometimes when away from home, where I cannot get the Lithia Water, I feel soreness in the joints coming on, but this quickly disappears when I begin taking the water.

P. J. MAGUIRE.

Salem, Mass., March 11, 1890.

The Above Verified by Dr. Collins.

Mr. Maguire states his ease very mildly, indeed. I have rarely seen a more pronounced or more serious case of chronic rheumatism. The urine was loaded with uric acid to the amount of 12 grains in 24 hours. I advised a free use of LONDONDERRY LITHIA WATER. In two weeks all the symptoms were milder and the uric acid was reduced to 7 grains in 24 hours. In two months he was apparently well. The urine showed only traces of uric acid, and physical signs of general lithæma had entirely disappeared.

C. S. COLLINS, M. D.

Mr. Maguire is head salesman for the well known Boston house of J. W. Tufis, dealer in soda-water apparatus, and will gladly answer any inquiries that may be addressed to him.

TAKEN AT RANDOM.

ECZEMA.

FROM O. W. BARRETT, Gen. Agt. American Express Co.,

CHICAGO, ILL.

My assistant has had for years the salt rheum very badly on the back of his hands, and at times they would be almost as *raw as a*

piece of beef. I had him try the LONDONDERRY LITHIA SPRING WATER. Only about three weeks ago he commenced, and now his hands are *almost as smooth and nice as one could wish.* He spent last year \$150 to specialists, but without any good results. There must be some virtue in it; it is doing wonders for me and in my family.

Private letter published by subsequent permission.

From Dr. Bates, Specialist in Renal Diseases and Diseases of Women.

NEWTON CENTRE, MASS., Feb. 4, 1887.

I have prescribed the LONDONDERRY SPRING WATER in a number of cases, meeting with good results each time. I find it beneficial in any disease where the product of retrograde metamorphosis requires eliminating,—whether it be indigestion, catarrh of the bladder or nephritis.

Respectfully yours,

M. E. BATES, M. D.

Surpasses Everything.

PROVIDENCE, R. I., Aug. 1st, 1886.

I never before recommended publicly any mineral water or proprietary medicine, but I can cheerfully endorse the use of the LONDONDERRY LITHIA SPRING WATER. I have used it quite extensively in kidney and dyspeptic troubles and especially in habitual constipation, and must say that it surpasses anything of the kind I have ever used. Respectfully, S. D. HUNT, M. D.

Albuminuria of Pregnancy.

The best evidence a doctor gets of the value of his medicines comes from his patients. So the best evidence I can offer in regard to LONDONDERRY LITHIA SPRING WATER as a medicine, I get from patients who have taken it. As a remedy in Chronic Rheumatism and Gout, it has surpassed my expectations. In a case of Albuminuria of pregnancy, it had a direct and speedy effect, bringing about a permanent cure in a short time. As a natural Lithia water it will eventually find a prominent place in the *materia medica* of every progressive physician.

A. J. BAKER, M. D.,
168 West Newton St., Boston.

Vesical Tenesmus.

LONDONDERRY LITHIA SPRING WATER CO.,

GENTLEMEN:—With relation to your Lithia Water I feel it my duty to in this way manifest my gratitude for its very efficient action in my own case (vesical tenesmus, resulting from abscess of right kidney), and that of several of my patients. *I have derived twice the benefit from half the amount that I have used of other*

Lithia Waters, and this without the unpleasant gastric irritability following the others. LEONARD D. WHITE, M. D. (Harvard),
Uxbridge, Mass.

Diabetes Mellitus.

BOSTON, May 26th, 1890.

MESSRS:—I have been using the LONDONDERRY LITHIA WATER some months for diabetes mellitus. It was prescribed by Dr. I. N. Danforth of Chicago, specialist in treatment of this and kindred diseases, who pronounced in his judgment by far the best Lithia water in the world. I have no hesitation in saying that it has done me a vast amount of good and I am yet full of hope that a persistent use of it will serve to banish this most desperate disease. I most heartily recommend it to my fellow-sufferers.

REV. N. W. JORDAN.

Biliary Calculi.

Hope Congregational Church, Rev. Ralph W. Brokaw, Pastor.

SPRINGFIELD, MASS., Aug. 29, 1890.

LONDONDERRY LITHIA CO., Nashua, N. H.

GENTLEMEN:—My wife has used your Lithia Water since last February with very marked beneficial results for Biliary Calculi (gall stones.) She thinks so much of it, and so does her physician, that she feels like recommending it not only for its curative properties, but also as a fine table water, which for purity and excellence, cannot be surpassed.

Yours truly,

RALPH W. BROKAW.

A Chicago Surgeon's Opinion.

I have used the LONDONDERRY LITHIA WATER for the diseases connected with the presence of uric acid in the blood and urine, and always with satisfaction. I believe that nature has a chemistry so subtle that it cannot be imitated in an extemporaneous prescription, and so I prefer the natural mineral waters to any artificial combination.

CHARLES GILMAN SMITH, M. D.

Testimonial of Prof. Frank Billings.

CHICAGO, April 18th, 1889.

LONDONDERRY LITHIA SPRING WATER CO.

GENTLEMEN:—I have used the LONDONDERRY LITHIA SPRING WATER in many cases of chronic Gastroduodenitis, with marked relief to the consequent "Lithæmia," Myalgia, Neuralgia, etc. It is a splendid diluent, and is so pleasant that patients will take it in large quantities. A necessary thing when indicated.

Very respectfully, FRANK BILLINGS, M. D.,

Prof. of Clinical Medicine and Clinical Diagnosis, Prof. of Physical Diagnosis and Clinical Medicine, Chicago Medical College.

From W. H. Rassman.

365 WEST 52d STREET, December 10th, 1888

LONDONDERRY LITHIA Co.

DEAR SIRS:—Many thanks for your Lithia received. I think the best trial was the personal one I made. I consider that as an anti-lithic and a general neutralizer of the products of mal-digestion and mal-assimilation it has no equal. For Rheumatism, Gout, and their allied phenomena the effects are remarkable. Please send me C. O. D. one dozen "Still" one-half gallons.

Very truly,

W. H. RASSMAN, M. D.

From A. B. Conklin, M. D.

ELK RAPIDS, Mich., Sept. 16th, 1890.

LONDONDERRY LITHIA Co.

The case of water sent me about the 10th of July came all O. K., for which, accept my thanks. I have used it on a patient of mine who has been a high liver and a user of sour wine after his meals. As a result of his way of living he has had deposits in his smaller joints and rheumatism. Your water has helped him much and I am pleased to say that I think it an excellent article for rheumatic and gouty conditions. Very truly, A. B. CONKLIN, M. D.

From D. W. Faunce, D. D.

WEST NEWTON, MASS., Dec. 17th, 1889

LONDONDERRY LITHIA Co.:

GENTLEMEN:—I began using your LONDONDERRY LITHIA by the advice of a physician some three years ago, and found it very beneficial. What was first a necessity has now become a luxury—one of the few luxuries in which I find it is neither unwise nor intemperate for me to indulge. Yours very truly,

D. W. FAUNCE, D. D.

INTERESTING ITEMS.

Those who have doubted may now be assured that no other Lithia Water can be expected to give such results, and we are prepared to convince the most skeptical, that no water has such universal confidence on the part of physicians throughout the country. No case of Rheumatism, Gout, Dyspepsia, Gravel, or other renal disorder complicated with uric acid, that will not improve with the *first dose!*

According to "Sol Pringle" in the *World*, the Londonderry Lithia Spring Water is becoming very popular in New York as a remedy for rheumatism, dyspepsia, and kidney diseases. Depots for its sale have been established in all large cities south and west.

Dr. Jernegan, of this city, recently said to us, that he regarded it as the "ideal Lithia water and likely to supersede all others with physicians because of its remarkable richness in lithium salts." The whole world seems to be looking to lithia in some form for relief, and they have it just as nature compounded it for the use of man.—*Boston Journal.*

The wonderful "Lithia" Spring of this Co., at Londonderry, N. H., possesses remarkable curative properties, and is one of the few Lithia Springs in the country. The Lithia Salts are especially valuable in cases of uric acid diathesis connected with gravel, kidney diseases, chronic gout and rheumatism, and only in "natural" waters are these salts desirable as a remedial agent. The Londonderry company are doing a great business.—*Boston Globe.*

MRS. ANABEL ANDREWS, Hudson, N. H., says: We purposely kept about two quarts of Londonderry Lithia, in a warm corner of the cellar for over a year, at the end of which time there was a slight powdery sediment but no trace of stagnation, the water being clear and sweet as ever. This was brought in our own jug direct from the spring.

PHYSIOLOGICAL EFFECT OF MINERAL WATER (BY W. K. S.).—When a mineral water is analyzed, the chemist finds certain metals and certain acid radicals present, and from the quantities of each it is easy to surmise the nature of the salts present, and so reports of analyses usually set down so many grains of carbonate of this, so many chloride of that, and so on. But what precise relations exist between the bases and acids in the solution cannot always be even safely guessed at. The difficulty, of course, increases with the number of elements present. Another complicating circumstance is that with our present knowledge of solution we do not know what molecular changes take place in dissolving a salt, and we consequently do not know how a given salt may affect the structure of another present in the same liquid. By keeping these circumstances in mind we may understand that analysis cannot indicate the physiological effect of a certain water or other compound. The fact that a certain small dose of any of the salts present is comparatively inefficient does not prove that all of them combined may not be more active, and in a different way from that peculiar to either alone. The only absolute way of knowing how a given mixture will act therapeutically is to test it physiologically; and the precise nature of the action it then exhibits is a matter of which we can gain at the most only a superficial knowledge.

LONDONDERRY
LITHIA SPRING WATER.

MAIN OFFICE,	.	.	Nashua, New Hampshire.
BOSTON,	.	.	413 Washington Street.
NEW YORK,	.	.	323 Broadway.
CHICAGO,	.	.	108 Randolph Street.
BALTIMORE,	.	.	221 & 223 No. Charles Street.
BUFFALO,	.	.	391 & 393 Main Street
WASHINGTON,	.	.	1417 New York Avenue.
DETROIT,	.	.	Simons & Cooper.
CINCINNATI,			73 W. 4th Street.
ST. LOUIS,			David Nicholson
ST. PAUL,	.	.	400 Sibley Street.

USED AT ALL THE PROMINENT CLUBS AND HOTELS.

And Sold by Leading Grocers and Druggists Throughout the United States.

CHARLES B. PERKINS & CO.,
36 Kilby Street, Boston, Mass., U. S. A.,
SELLING AGENTS.

LONDONDERRY LITHIA Spring Water.



STILL
AND
SPARKLING.